### PE 2 - GROUP 2







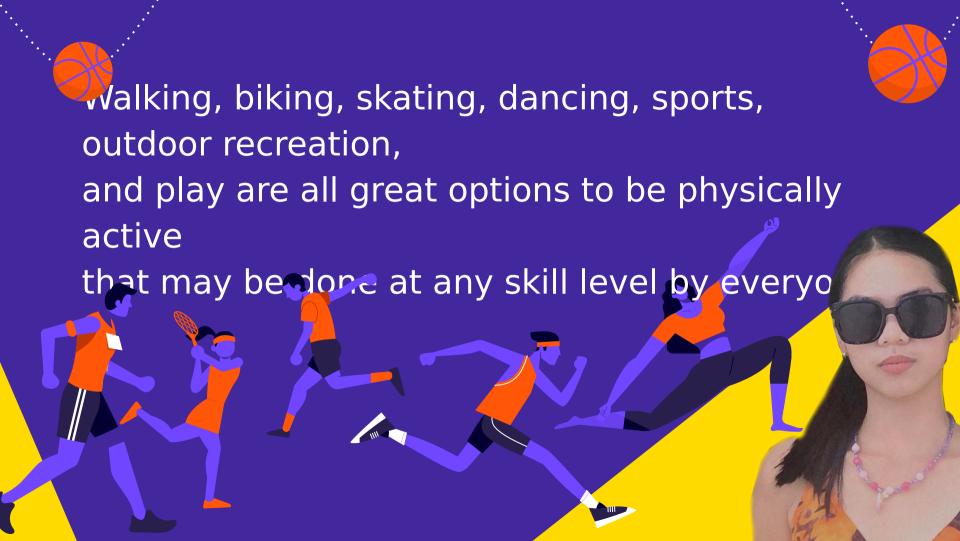
PE 2 - GROUP

2





The World Health Organization (WHO) defines produced by skeletal muscles that involves energy Activare. It encompasses all bodily movements, whether for recreation, transporting to and from places, or as part of a person's choice or career. It can be both moderate and vigorous intensity, which benefits health, quality of life, well being, and





If you Tagal Albert of the physical activity you maxctivity

1. reduce the likelihood of having significant health issues such as heart

types of diabets, obesity, as well as some of cancers;





If you The land seed for in his sign! activity you maxctivity

1. reduce the likelihood of having significant health issues such as **heart** disease, types of diabetes, obesity, as well as 20 rhoevoer dan doers; en of chronic diseases while



3. improve your weight management;



- 3. improve your weight
- **In an agedeent ased cholesterol levels** in your blood;





3. improve your weight

managetteentased cholesterol levels

5. youssessodower blood

pressure;





3. improve your weight

<u>Anamagedeentased cholesterol levels</u>

5. possesodower blood 6. have greater bone density, stronger pressure;

and joints, and are less prone to osteoporosis

## The Need for Physical Activity

Activity
7. reduce your chances of slipping;



## The Need for Physical Activity 7. reduce your chances of

**Slipping**er faster from sickness or bed rest



### The Need for Physical Activity 7. reduce your chances of

- **Slipping** faster from sickness or bed
- **gest 9.** Fell better with more energy mood, more relax, and better sle



### The Need for Physical Activity 7. reduce your chances of

**Slipping** faster from sickness or bed

**gest 9.** Fell better – with more energy, mood, more relax, and better 10. Have a healthier mental st



- Several research studies have shown that PA can help with depression. There are numerous theories about how PA can benefit people who are depressed. PA can:
- help you filter out negative thoughts and divert you from your daily
  - troubles;
- □ allow an increased social interaction;
- enhance your mood and sleep patterns; and
- ☐ alter the levels of brain chemicals such as
  - serotonin, endorphins, and stress

PA can also be beneficial to communities. Creating active

and walkable neighborhood can plp:

☐ increase levels of economic

and employment;

boost property values;

encourage neighborhood revitalization; and

reduce the cost of health care.





# Jack Slide





# Jack Slide





## How to Increase Physical Activity









# Jack Slide





Physical Exercise - on the other hand is defined as movement that is planned systematic repetitive and intentional it can also be used to develop or maintain physical fitness.

### Enlargence in pody thysical capability to systain an exercise to see extended period. Its made up of two components MUSCULAR ENDURANCE AND CARDIOVASCULAR ENDURANCE.

Strength – the extent to which muscles can exert force by contracting against resistance. And ability to exert force in order to overcome resistance.

Balance – an individual ability to maintain their line of gravity within their base support. Doing exercise that strength the muscle that help keep you upright including your legs and core. These kinds of exercise can improve stability and help prevent falls doing balance exercises can be intense like some very challenging.

Flexibility – helps improve the range of motion of your joints and muscles. It creases your risk of

injury when your muscles are flexible you are less like to become injured ng physical

activity it also reduce muscles soreness.

Benefits of Regular Physical Exercise
Regular physical exercise is one of the simplest ways to

lower your risk of chronic disease and improve your quality of life. However, most people do not move enough. You can get to move more for improved health regardless of your age or capability. IF you are unable to exercise due to pain, a chronic ailment, or limited mobility, a healthcare professional assist you in overcoming these obtacles.

### Benefits of Regular Physical Make regular exercise Exercity order to:

- Improve your memory and cognitive function.
- Improve your memory and cognitive function any chronic diseases.
- Help with weight loss;
- Reduce your blood pressure while improving your cardiovascular health;
- Improve your sleep quality;
- Reduce symptoms of depression anxiet
- Combat weariness caused by cancer;
- Reduce joint stiffness and pain;
- Keep your muscle strength and balance; and



#### Benefits of Regular Physical Exercise

Physical exercise is essential for general health and fitness. A combination of resistance and cardiovascular exercise is an effective technique for preventing a variety of health problems. Individuals can start cautiously and gradually increase the frequency or amount of repetitions and sets in each workout as their fitness levels improve.





Benefits of Regular Physical Exercise
Regular physical exercise is one of the simplest ways to

lower your risk of chronic disease and improve your quality of life. However, most people do not move enough. You can get to move more for improved health regardless of your age or capability. IF you are unable to exercise due to pain, a chronic ailment, or limited mobility, a healthcare professional assist you in overcoming these obstacles.



#### **COMBINING PHYSICAL ACTIVITY WITH PHYCISICAL EXERCISE**

We engage a lot of physical activity in our daily lives, such as strolling in the grocery store and pushing the cart, gardening and lugging the laundry basket to the washing. This are obvious instance, but some examples of exercising include going for a stroll every day. Participating in a group workout, or even walking your dong. according to research, all physical activity adds to general health and wellbeing, and exercise aids in the enhancement of physical fitness. While performing just one of them can b good, doing both has the most impact on our health.

#### **PHYSICAL ACTIVITY PRESCRIPTION**

The Department of Health's physical activity prescription is presented below.

#### Children (5-12 years old)

Filipino children should engage in at least 60 minutes daily physical consisting of any

one or a combination of the following physical activities

#### **ACTIVE DAILY TASK**

Active travel (walking, cycling, stair climbing) and active daily task (Household and school chores such as scrubbing/mopping floors, fetching water in a pail, ranking leaves, bathing dog, cleaning the car rearranging household furniture, etc.)

#### **EXERCISE, DANCE OR SPORTS**

Programmed physical activity for 20-30 minutes daily (sports and/or active games)

HIGH IMPACT PLAY (UNSTRUCTIURED SPONTANEOUS PLAY)

Activities pertaining to high impact active play on most it not all the days of the week

(running, jumping, hopping, skipping, Luksong Tinik, Patintero, ang Preso,

Agawan Base, etc.) walking, stair climbing, and playground es such as

jungle bars and ropes.

physical activity consisting of any one of a combination of the following physical activities: Active Daily Task. Active travel (walking, cycling, stair climbing) and active daily tasks (household and school chores such as scrubbing/mopping floors, fetching water in pail, racking leaves bathing dog, cleaning the car, rearranging household furnitures, etc.) **Exercise Dance Or Sports.** At least 40 minutes of programmed physical activities such as a fitness related, rhythmic or sports activities. For fitness goals, you should have continuous 20 to 30 minutes minimum for at least 2 to 5 times a week. High Impact Play (Unstructured Spontaneous Play). At least 20 minutes of sustained moderates to vigorous physical activities resulting in rapid breathing

such as brisk walking, jogging, indigenous games (tumbang preso, agawang base, taguan,

etc.) and dancing

Muscle Strengthening And Flexibility Activities.

At least 2 to 3 times a week of activities that build muscle d bones strength and

flexibility such as weight bearing calisthenics and other...

ng exercise involving load bear

maior muscle arouns

Activities For Daily Living. Active travel (walking, cycling, stair climbing) and active daily task (household chores such as scrubbing/mopping floors, cleaning room general carpentry, fetching water in pail, arching leaves, bathing dog, cleaning the car, rearranging household furniture, etc.)

Exercise Dance And Recreation Activities. Moderates intensity aerobic physical activity resulting in a noticeable increase in heart rate and breathing (still able to carry on normal conversation). Example are brisk walking, dancing, cycling, swimming done continuously for a minimum of 30 minutes OR accumulates bouts of 10 minutes or longer. For more active people with no risk factors. Vigorous intensity aerobic resulting in fast breathing and a substantial increase in heart rate(beyond normal conversation pace; talking becomes more challenging) Example are

jogging, vigorous dancing, ballgames done continuously and don at least thrice a week \

with a future goal of being able to do it 5 6 times. For fitness purpose, adults should

work towards 20 to 30 minutes continuous physical activity for a minimum of three pe

Muscle Strengthening And Flexibility Activities
Performing activities using all major muscles of the body that
maintain or increase muscular strength and endurance. Example are
bearing calisthenics, stair climbing, weight training done at least
twice or week on non days. A light load allowing for a set of 10 to 15
repetition resulting in momentary muscle fatigue perform gentle
stretches o the point of tension after aerobic exercise OR at
cooldown. At least 20 second position per muscle group. Minimum
four times er week.

Activities In The Work Place. Employees should have opportunities to be active ay work place through activities organized with provision of the necessary facilities and or equipment by the workplace two minutes physical activities (walking, stair climbing, stretching) for every hour of sitting is highly encouraged.

ACTIVITIES FOR DAILY LIVING - Active travel (walking, cycling stair climbing) and active daily task (Household chores).

#### **EXERCISE, DANCE AND RECREATIONAL ACTIVITIES.**

Moderate intensity aerobic resulting in a noticeable Increased heart rate and breathing (Still able to carry on normal conversation) Examples are brisk or race walking, dancing. cycling, rowing or swimming done continuously for a minimum of 30 minutes OR accumulated bouts of 10 minutes or longer. For more active people with no risk factors,

low to moderate intensity of aerobic activity resulting in fast breathing and a substantial

increase in heart rate (beyond normal conversation talking becomes more

challenging) Example are jogging, vigorous dancing, mes done continuously

for a minimum of 20 minutes done at least thrice a with a future goal of

are weight bearing calisthenics, stair climbing, weight training done at least twice a week, on non-consecutive days. A set of 8-12 repetitions with a load resulting in momentary muscle fatigue. Perform gentle stretches to the point of tension after aerobic exercises OR at cooldown. At least 20 seconds bon per muscle group. Minimum four times/week.

#### **BALANCE AND COORDINATION**

Specific activities for balance and coordination 2-4 days/weeks. Examples are walking, gentle yoga, tai-chi, dance, aquatic activities.

#### **ACTIVITIES IN THE WORKPLACE**

Employees should have opportunities to be active at work and through activities organized. with provision of the necessary facilities and/or equipment by the workplace. Two-minutes physical activities (walking)

#### Young Old (60-69 years old)

Following senior citizen should accumulate at last 30 minutes daily physical activity consisting of any one or a combination of the different types of physical activities for the following subage group: middle old and vintage.

#### **ACTIVITIES FOR DAILY LIVING**

Active travel (walking, stair climbing) and active daily task (Household chores and yard work)

a noticeable increased heart rate and breathing (still able to carry on normal conversion). Any rhythmic and continuous physical activity that uses large muscle groups with special stress on load bearing activities to arrest rate of osteoporosis and to maintain bone density. Example are moderate to brisk walking, dancing, biking calisthenics, swimming, rowing and stair-climbing Done continuously for a minimum of 30minutes OR accumulate bouts of 10minutes or longer. For more active people with no risk factors, low to moderate intensity of aerobic activity resulting in fast breathing increase in heart rate (beyond normal

conversation pace: talking

becomes more challenging). Example are jogging brisk or race walking,

vigorous dancing, step-aerobics, swimming done

ousiv tor a

#### **BALANCE AND COORDINATION**

Perform simple but dynamic movements that challenge postural and postural and positional stability such as single-leg or supports, exercise ball-sitting, and weight - shifting Take up specific activities for balance and coordination. Example are walking, gentle yoga, tai-chi, dance, aquatic activities, 2-4 days per week.

#### **ACTIVITIES IN THE WORKPLACE**

**Employees should have opportunities to be active at work and through activities** 

organized, with provision of the necessary facilities and/or equipment, by

their workplace. Two - minute physical activities (walking, stair climbing,

stretching) for every hour of sitting is highly

tasks (household chores), such as mild yard and garden work, dustin furniture, folding clothes sweeping Inside the house.

**EXERCISE, DANCE OR RECREATIONAL ACTIVITIES. Light intensity aerobic** Physical activity such a leisurely walk around the neighborhood, parks and malls. Any rhythmic and continuous light physical activity that uses large muscle groups while standing independently or assisted, seated, reclined lying down. Examples are stationary biking, calisthenics, swimming done for a total of 30 minutes continuously, three times weekly OR. accumulated bouts of 10 minutes or longer. For more active apparently healthy people with no risk factors, low to moderate intensity of aerobic activity resulting slight elevation of breathing rate and heart rate (a pace that will still allow normal conversation for Examples are walking, no impact aerobic dancing, social dancing and swimming done continuously

at least 30 minutes, and done three times per week, on non-consecutive

activities using ALL
muscles of the body that maintain or increase muscular strength and
endurance. Examples are
calisthenics, light weight training, elastic band exercises done at least

twice a week, on non-consensual.

days A light load allowing for a set of 10-20 repetitions resulting in light challenge to the muscle

Perform gentle stretches to the point of tension after aerobic exercises OR at cooldown done at least 8 times per direction, and done 3 times per week.

ance, aquatic activities 2-4

BALANCE AND COORDINATION. Challenge postural and positional stability by performing stumpy and dynamic movements of the lower and upper extremities while Sitting on the exercise ball or standing on one leg. and weight-shifting while standing, all with support or spotting Take up speculate activities or balance and coordination. Examples are walking, gentle yoga. tai-chi,

Vintage Old (80 years old and above).

ACTIVITIES FOR DAILY LIVING. Active travel (assisted walking and stair climbing) and mild, easy dally tasks (household Chores), such as mild garden or yard work, dusting furniture, folding clothes and sweeping inside the house.

**EXERCISE, DANCE OR RECREATIONAL ACTIVITIES.** Continuous and light intensity physical activity

such as a leisurely walk around the neighborhood, yard or living area.

**Any rhythmic and continuous** 

physical activity that uses large muscle groups while standing assisted, seated. reclined or lying down.

Examples are stationary biking, calisthenics, swimming done for a total of 20 minutes continuously.

three times weekly OR accumulated bouts of 10 minutes or longer.

### MUSCLE STRENGTHENING AND FLEXIBILITY ACTIVITIES

Performing resistance exercises using major segments of the body including shoulders, arms, thighs and legs, that maintain or Increase muscular strength and endurance. Examples are mild calisthenics, light weight training and elastic band exercises done at least twice a week, on nonconsecutive days. A light load allowing for a set to 10 - 15 repetitions resulting in light challenge to the muscle. Perform gentle full range of motion exercises after exercises OR during cooldown done at least eight times per direction, and done two to three times per week, on non-consecutive days.

movements while standing or sitting on the exercise ball with a spotter. Take up specific activities for balance and coordination. Examples are walking, gentle yoga, tai-chi, slow dancing, mild aquatic activities done at least three days per week. (Department of Health, 2013)

#### **A Word About Training Program**

A training program must be devised to match the unique demands of the individual, taking into account numerous criteria such as gender, age, strengths, weaknesses, objectives, training facilities, and so on. Because all individuals have distinct needs, a single training program that is suited for all individuals is not viable.

Daily routine Jupiter is the biggest planet of them all

01 03 04

Make it fun Neptune is the farthest planet from the Sun

#### Reward

Mercury is the smallest planet of them all

#### Do it with

Despite being red Mars is a very cold planet

Mercury
It's the closest
planet to the Sun
and the smallest
of them all
Step 01

Venus Venus has a beautiful name, but also high temperatures Step 02



Training	1st session	2nd session	3rd session
Warm up	Mercury is quite a small planet	Mars is actually a very cold place	The Moon is Earth's natural satellite
Fitness	Venus is the second planet from the Sun	Jupiter is the biggest planet of them all	Earth is the planet where we live on
Cardio	Neptune is very far from the Sun	Saturn is a gas giant and has rings	Pluto is considered a dwarf planet

02

#### Venus

Venus has a very beautiful name

01 Mercury

It's the closest planet to the Sun



Jupiter
Jupiter is the

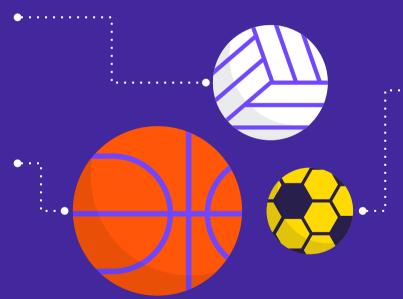
biggest planet of them all



Venus has a very beautiful name

### 90% Basketball

Mercury is quite a small planet



50%
Soccer
Jupiter is the biggest planet of them all



Mercury

Mercury is a small planet

Mars
Despite
being red,
it's cold

Venus Venus has a beautiful name



#### **Exercises**

### Walking

- Jupiter is the biggest planet of them all
- Mercury is the closest planet to the Sun

### Dancing

- Neptune is the farthest planet from the Sun
- Despite being red, Mars is a cold place

### **Swimming**

- Pluto is considered a dwarf planet
- Earth is the third planet from the Sun

Athletic disciplines Mercury is a Track & field 01 very small planet Saturn is a gas Road running 02 giant and has rings Despite being Cross 03 red, Mars is country cold Earth is the Race walking planet that harbors life



01 Open class

- Jupiter is the biggest planet of them all
- Mercury is the closest planet to
- 02 Quáb elass
  - Neptune is the farthest planet from the Sun
  - Despite being red,
     Mars is a cold place

 > Stretching	Sets	Reps	
Exercise 01	Torso stretch	3	15
Exercise 02	Chest stretch	4	12
Exercise 03	Back stretch	3	15
Exercise 04	Triceps stretch	5	10

Brisk walking

Kiley P. Gonzalez

Jessica Combes

Isla McFarlane

Zara Lapierre

Merle Langlois

**Swimming** 

Joséphine Auclair

Verdiana Rizzo

Enrica Bellucci

Zvonimira Tomić

Solveig Østvik

Jump rope

**Omar Demsas** 

Mebrat Aatifa

Aki Lindman

Yong Chang

Chan Juan Ts'ui



### Physical education exercises

Jupiter is the form of them all



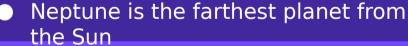
Mercury is the closest planet to the Sun

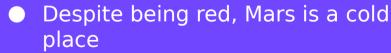
Venus is the second planet from the Sun

Earth is the third planet from the

Sun







- Saturn is a gas giant and has several rings
- Ceres is located in the main asteroid belt





#### Protein

- Jupiter is the biggest planet of them all
- Mercury is the closest planet to the Sun
- Venus is the second planet from the Sun



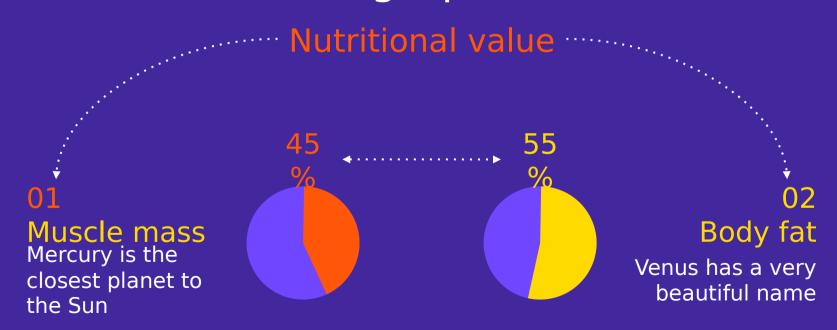
### Carbohydrate

- Neptune is the farthest planet from the Sun
- Despite being red,Mars is a coldplace
- Saturn is a gas giant and has several rings

40%

60%

Age	Moderate intensity	Vigorous intensity
25 years old	125-148 bpm	150-181 bpm
30 years old	122-144 bpm	146-177 bpm
35 years old	118-141 bpm	142-172 bpm
40 years old	115-137 bpm	139-167 bpm





Benefits of exercise

#### **Tennis**

- biggest planet of them all
- Mercury is the closest planet to the Sun
- Venus is the second planet from the Sun

#### Soccer

#### Teamworl

- Pluto is considered a dwarf planet
- Earth is the third planet from the Sun
- Ceres is located in the main asteroid belt



	Mon	Tue	Wed	Thu	Fri
Week 1	Jogging	Gym	Tennis	Swimming	Soccer
Week 2	Cycling	Basketball	Jogging	Gym	Yoga
Week 3	Walking	Volleyball	Dance	Padel	Skateboar d
Week 4	Gym	Surf	Football	Tennis	Stretching

Daily routine Jupiter is the biggest planet of them all



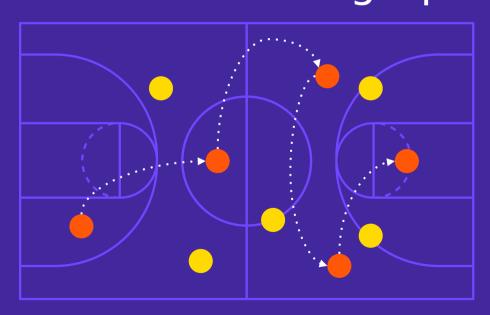
Make it fun Neptune is the farthest planet from the Sun

#### Reward

Mercuryeis the smallest planet of them all

#### Do it with

Despite being red Mars is a very cold planet



#### Team 1

NY Sharks
Mercury is the
closest planet to
the Sun

#### Team 2

LA Bears
Venus is the
second planet
from the Sun



### Daily routine

	Activity	Schedule
8:00	Stretching	Venus is the second planet from the Sun
8:30	Warm-up	Despite being red, Mars is a cold place
9:00	Jogging	Jupiter is the biggest planet of them all
10:00	Gym	Saturn is a gas giant and has several rings
		Non-true de la Camble de mile matrice.



45%

#### Soccer

Jupiter is the biggest planet

#### Basketball

We all live on planet Earth

25%





30%

#### Volleyball Despite being red, Mars is

d, Mars is cold

### Physical education exercises

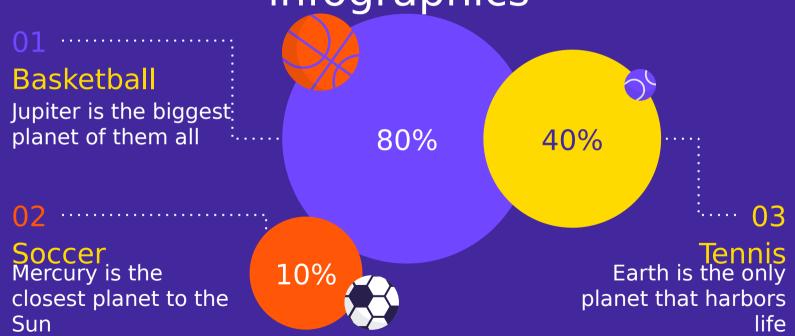
- Jupiter is a gas giantographics o is a dwarf planet
  - Mercury is quite a small planet
  - Venus has a beautiful name
  - Earth harbors lots of life
  - Despite being red, Mars is cold

Exercise

- Ceres is in the asteroid belt
- Neptune is far away from us
- The Moon is a natural satellite
- The Sun is bright star

Sedentarism





Power
Mercury is the
closest planet to
the Sun

- Strength
   Despite being red,
   Mars is a cold
   place
- Endurance Jupiter is the biggest planet of them all

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Team A	Mercury is the closest planet to the Sun	25%	
Team B	Venus is the second planet from the Sun	50%	
Team C	Earth is the third planet from the Sun and has life	75%	
Team D	Despite being red, Mars is a very cold place	25%	



### Motivation Jupiter is the

Jupiter is the biggest planet

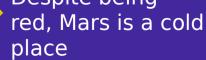
### Discipline

Pluto is now a dwarf planet



#### Exercise 1

Jupiter is the biggest planet of them all Despite being





#### Exercise 2

Neptune is the farthest planet from the Sun Pluto is

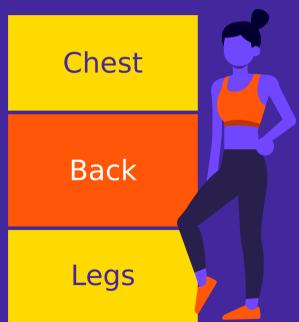




#### Exercise 3

Mercury is the closest planet to the Sun Earth is the third planet from the

Sun



Bench press	3 sets of 15 reps
Floor press	5 sets of 7 reps
Back extension	4 sets of 10 reps
Reverse dumbbell	3 sets of 15 reps
Split squat	4 sets of 10 reps
Calf raise	3 sets of 12 reps

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